

COVID-19 Testing Information

Further information on COVID-19 testing can be found on the East Riding of Yorkshire Council website:
<https://covid19.eastriding.gov.uk/testing/>

1. Types of COVID-19 tests:

Symptomatic Testing	Asymptomatic Testing
<p>If you have symptoms of COVID-19 (a high temperature, continuous cough and/or loss of/change in taste or smell), you need to book a polymerase chain reaction test (PCR test)</p> <p>To book a PCR test –</p> <ul style="list-style-type: none"> • Visit nhs.uk/coronavirus • Call 119 <p>Note: If you have symptoms of COVID-19, <u>you must not use a lateral flow test.</u></p>	<p>If you have no symptoms, you can use a lateral flow test (LFT).</p> <p>An LFT is a rapid test for COVID-19. It is a swab test which provides results within 30 minutes.</p> <p>As 1 in 3 people do not show symptoms of COVID-19, an LFT can really help us to work together to control the spread of infection.</p> <p>It is recommended that you take a test twice a week – every 3 or 4 days.</p>

2. How to access asymptomatic testing:

To make it as easy as possible for everyone to access testing, LFTs can be accessed through a variety of routes:

- **Community asymptomatic testing** – assisted [testing at East Riding Leisure Centres](#)
 - Enter the pin code **0000** to book an appointment for an assisted LFT
- **Community collect** – collection of LFTs for home use at East Riding Leisure Centres
- **NHS Test and Trace collect** – collection of LFTs for home use at [NHS Test and Trace Testing Sites](#)
- **Pharmacy collect** – collection of LFTs for home use at [pharmacies across the East Riding and the rest of the country](#)
- **Order online** – have LFT kits delivered by [ordering online](#).

3. LFT results:

Positive LFT result	Negative LFT result
<ul style="list-style-type: none"> • You and anyone you live with must self-isolate immediately. • A positive lateral flow test triggers the legal obligation to isolate. • You must book and undertake a confirmatory PCR test no later than 2 days from your positive LFD. • The legal duty to self-isolate will be rescinded if you have a negative PCR • You should also contact/identify your contacts who should also isolate immediately. • Note: Contacts do not need to book a confirmatory PCR. They can continue testing twice a week on the LFT while isolating. A negative LFT result or negative PCR result does not mean a contact can end their self-isolation period earlier than the 10-day point. 	<ul style="list-style-type: none"> • You do not need to isolate at this time. • You must continue to follow current COVID-19 guidelines on how to protect yourself and others from coronavirus. This includes: <ul style="list-style-type: none"> ◦ Regularly washing your hands ◦ Wearing a face covering (unless exempt) ◦ Social distancing from anyone not in your household or support bubble <p>Note: If you have symptoms of COVID-19, you must self-isolate and arrange a PCR test, even if you have received a negative LFT result.</p>

For any queries relating to COVID-19, please contact East Riding of Yorkshire Council Public Health via:
covid19@eastriding.gov.uk

4. Isolation support:

There is isolation support available for those in self-isolation. To find out if you're eligible to receive the £500 Test and Trace support payment for those having to stop work due to self-isolation, please visit:

<https://www.gov.uk/test-and-trace-support-payment>

Wider health and wellbeing support is available through the East Riding of Yorkshire Community Support Team. Please visit the [website](#) for more details of how the local authority can provide support throughout isolation.

5. What happens if I test positive and due for a vaccination soon.

If you have had a positive COVID test you need to wait 28 days before you attend for a COVID vaccination. This is 28 days either from the day you began to feel unwell with COVID symptoms or the day you had your test if you did not have any symptoms.

6. What if I have had a recent positive test (PCR or LFT) for Coronavirus?

The current recommended guidance is that people are exempt from testing by both PCR and LFT within 90 days of a positive test unless they develop new symptoms during the 90 days. Everybody is reminded to continue to be extra vigilant with COVID-19 preventative measures inclusive of hand and respiratory hygiene, social distance, social mixing, PPE and cleaning regimes.

If you become **symptomatic** within 90 days following a positive COVID test, it is important that you self-isolate as soon as possible and **do book an NHS test** through ([online](#) or via 119).

7. NHS Test and Trace notifications and isolation requirements:

If you have been advised by NHS Test and Trace, the local authority Health Protection Team, Public Health England or the NHS COVID-19 App to self-isolate, you must do so for the time period described.

You must follow the advice and self-isolate, even if you have recently had a negative LFT/PCR test result. Failure to do self-isolate can result in a fine.

Please also note:

- A positive LFT result triggers the legal obligation to self-isolate and contact tracing.
- A negative PCR test result within 2 days of a positive LFT result rescinds/overrides the legal obligation to self-isolate.
- A positive PCR test result within 2 days of a positive LFT result reinforces the legal obligation to self-isolate.